

Post-Operative Care Guidelines

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Procedure: [Insert Procedure Name]

Dear [Patient Name],

Following your recent surgery, it is important to adhere to the post-operative care guidelines outlined below to ensure a smooth recovery:

1. Pain Management

- Take prescribed pain medications as directed.
- Contact your physician if pain becomes unmanageable.

2. Wound Care

- Keep the surgical site clean and dry.
- Change dressings as instructed.
- Watch for signs of infection such as increased redness or discharge.

3. Activity Restrictions

- Avoid heavy lifting and strenuous activities for at least [insert time frame].
- Walk short distances to promote circulation.

4. Follow-Up Appointment

Please schedule a follow-up appointment on [insert date] to monitor your recovery.

5. Contact Information

If you have any concerns or questions, please contact our office at [insert phone number] or email us at [insert email address].

Wishing you a speedy recovery.

Sincerely,

[Your Name]

[Your Title]

[Your Medical Facility]